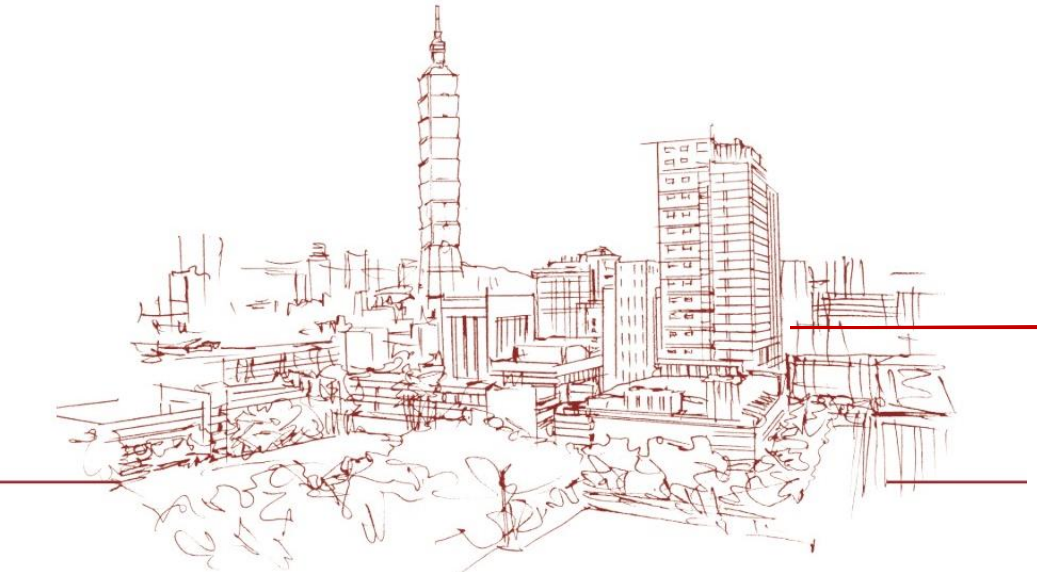
12th AHLA
AHLA INTERNATIONAL HEALTH LITERACY CONFERENCE
Health Literacy and SDGs
Chiang Mai, Thailand 2026

Integrating health literacy, Activating healthy lifestyles for SDGs achievements

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TAIPEI MEDICAL UNIVERSITY
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A·H·L·A Asian Health Literacy Association
IHLA International Health Literacy Association

AHLA Conferences

- **2013** •Gen •Taipei
- **2014** •Gen •New Taipei
- **2015** •Health efficiency •Tainan
- **2016** •QoHC Services •Haiphong
- **2017** •Population Health •Kuala Lumpur
- **2018** •Gen •Taichung
- **2019** •Smart Universal Health •HCM city
- **2022** •Gen •Changhua
- **2023** •Gen •Phuket
- **2024** •Revolution of Digital Age •HCM city
- **2025** •AI for Healthy World •Taichung
- **2026** •SDGs •Chiangmai







How Health Literacy Integrates with SDGs?

HL: an integral part of policy

Ensure healthy lives and promote well-being for all at all ages.

Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all.



Ensure availability and sustainable management of waste and sanitation for all.

HL and SDGs cont.



- **Levels of health literacy determine an individual's response to health information and their use of health services. The higher the health literacy, the higher the protective behavior adopted. When individuals are able to protect themselves, their family and their community, they are less likely to adopt risky behavior such as smoking or having unprotected sex, which can cause illnesses that may lead to job loss or catastrophic health expenditure.**

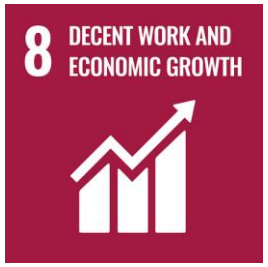


- **A good understanding of basic nutrition is essential to sustain a balanced diet and prevent all forms of malnutrition. A health-literate parent will try to ensure that their children obtain the required nutrition for healthy growth. This will substantially enhance the impact of government policies and interventions aimed to prevent malnutrition and hunger across all relevant sectors.**



- **A healthy child is less likely to have high rates of absenteeism from school. A health-literate school administration can ensure that the school curriculum includes sessions on health education. These will enable students to acquire the key competencies to better protect themselves, by promoting a healthy lifestyle and developing skills to handle peer pressure. Students develop habits in school that they may keep throughout their lives.**

HL and SDGs cont.



- A decent work environment promotes the levels of health literacy of its workers through health education, and ensures workplace policies protect staff. Health literacy also empowers workers to demand better, safer working conditions.



- The mobile revolution represents a unique opportunity to expand access to health information and communication, and therefore to enhance health literacy. However, governments need to ensure that the information provided is of high quality, and that any private-sector involvement is free from any conflicts of interest.



- Health literacy predetermines the right to health. It is a tool for the most vulnerable population groups to ensure their right to health is respected.



- Those with higher levels of health literacy are empowered to hold their governments to account – whether for access to essential medicines, universal health coverage, removing environmental air pollutants or tearing down discriminatory laws and practices.

HL conceptual model

The highest value belongs to "Apply", because health literacy succeeds only when action changes.

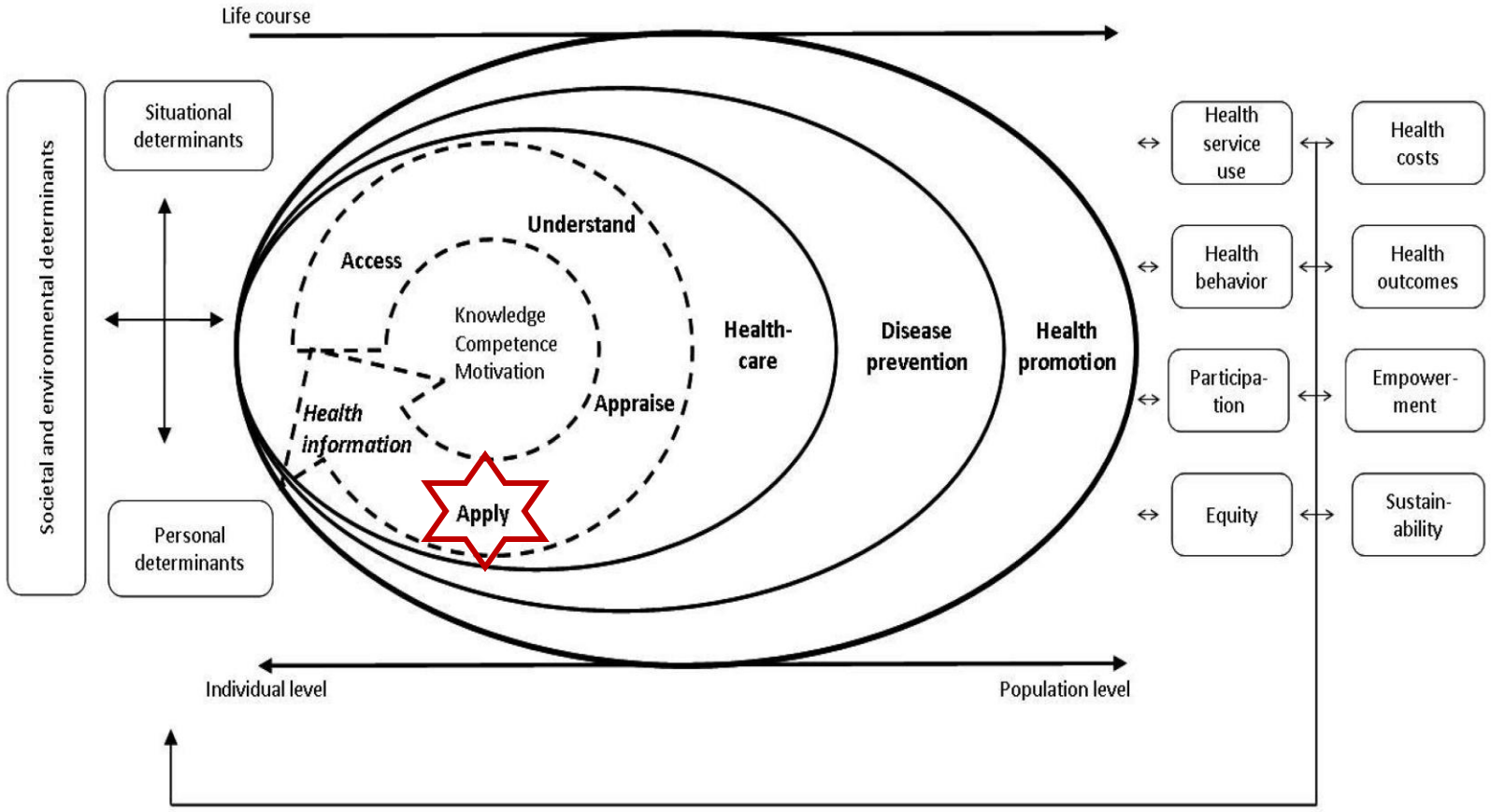


Figure. The HLS-EU Conceptual Model of Health Literacy (Sorensen et al. 2012)

How Healthy Lifestyles Intersect with SDGs?

Nutrition in the SDGs context



Sustainable Development Goals	Link to nutrition
1. No poverty	Poverty limits access to adequate food intake and makes it difficult to reach nutritional recommendations
2. Zero hunger	Unsustainable food production causes undernourishment
3. Good health and wellbeing	Healthy and sustainable nutrition may reduce premature death including from non-communicable diseases
4. Quality education	Malnutrition affects learning abilities, while higher awareness may affect healthy and sustainable food choices
5. Gender equality	Empowering women to claim their rights leads to improved quality of life and nutrition; proper nutrition improves learning performance, which can be translated into better job opportunities
6. Clean water and sanitation	Access to safe drinking water and sanitation may reduce undernutrition
7. Affordable and clean energy	Creating independence from fossil fuels will reduce greenhouse gas emissions and environmental pollution, and ensure food security
8. Decent work and economic growth	Economic transformation may provide increased nutrition security and sustainable agriculture
9. Industry, innovation and infrastructure	Affordable access to technologies and infrastructure is essential for agriculture development and food security
10. Reduced inequalities	Inequalities cause disparities in income, food, health and education access
11. Sustainable cities and communities	Expansion into rural area increases food needs, creates competition for food and water resources, and finally dependence on food purchases
12. Responsible consumption and production	Meeting the nutritional needs of a growing global population requires sustainable solutions for food production and access to water, as uncontrolled and inefficient food production causes greenhouse gas emissions and soil degradation
13. Climate action	Climate change affects global food production and food security as well as access to fresh water resources
14. Life below water	Aquaculture reduces hunger and improves nutrition; however, overfishing limits biodiversity
15. Life on land	Change of land use causes soil degradation while reducing biodiversity and food production, and decrease access to fresh water
16. Peace and justice	War causes malnutrition and death due to inadequate/insecure food supplies and reduced access to food
17. Partnerships for goals	In order to achieve the goals partnership between both diverse sectors and governments is needed

Eur. J. Public Health, 2020; 30(Suppl_1), i19-i23.

Physical activity and SDGs

A leading risk factor for premature mortality, accounting for 6% of deaths globally.





How HL and HL integrate for better Health (SDG3)?



- E-healthy diet literacy, e-HDL
- **Health Literate Healthcare Organization (HLHO)**

→ Cancer, DM
→ COVID-19
→ Elderly
→ Rural areas
→ Healthcare workers, Students
→ Stroke, Hemodialysis
→ General publics

Digital healthy diet literacy, DDL

HLS-SF12 (Patients)

HLS-SF12 in Asia (general publics)

HLS-EU-Q47 in Asia

HLS-EU-Q47 in Taiwan



Study on COVID-19:

2020 - 2021

>20 publications

Patients



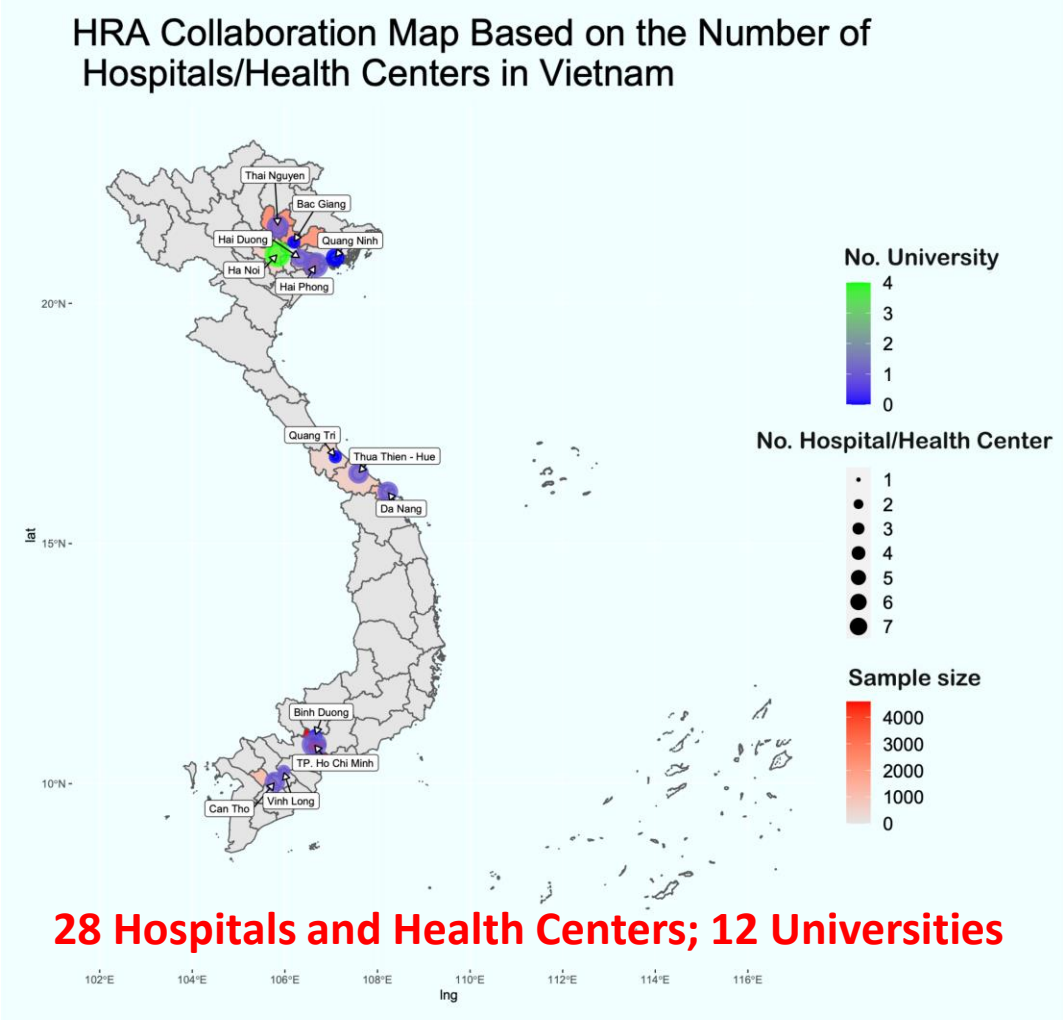
Students

Health care workers

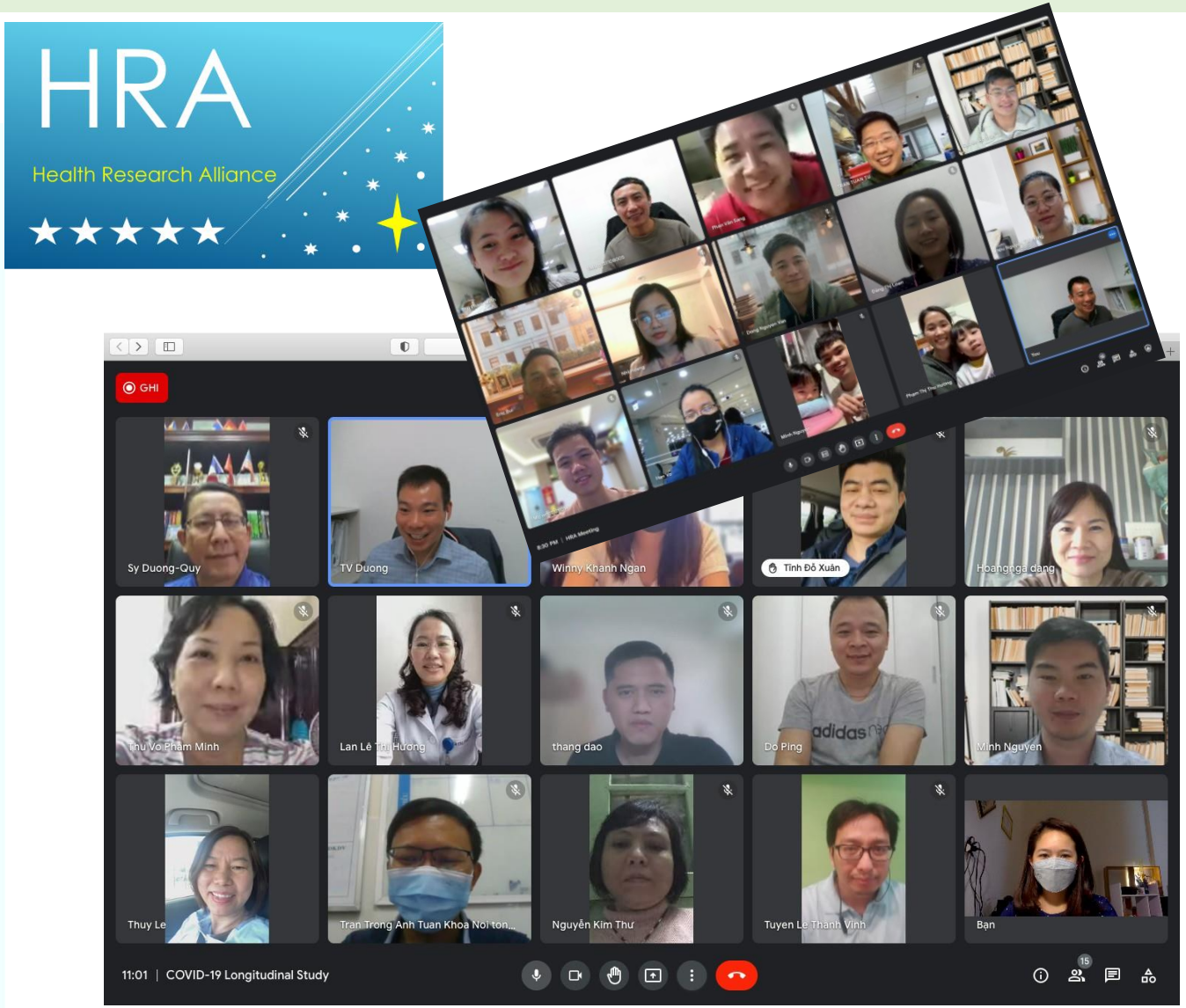
IRB no. 029/2020/YTCC-HD3
IRB no. 133/2020/YTCC-HD3

S-COVID-19-S, Suspected COVID-19 symptoms; eHEALS, eHealth literacy; DDL, digital healthy diet literacy; HRQOL, health-related quality of life.

HRA Network



28 Hospitals and Health Centers; 12 Universities



DDL → HES → MH and HRQoL

To examine the impacts of digital healthy diet literacy (DDL) and healthy eating behaviors (HES) on fear of COVID-19, changes in mental health, and health-related quality of life (HRQoL) among 2299 front-line healthcare workers (HCWs) in Vietnam from 6th to 19th April 2020.

Digital Healthy Diet Literacy
The higher score, the better digital healthy diet literacy

Healthy Eating Behavior
The higher score, the healthier eating behavior

Fear of COVID-19
Lower

Mental Health
Stable or better

Health-related Quality of Life
Stable or better

Improving DDL and HES should be considered as a strategic approach for hospitals and healthcare systems to reduce fear of COVID-19 and improve mental health and HRQOL for front-line HCWs.

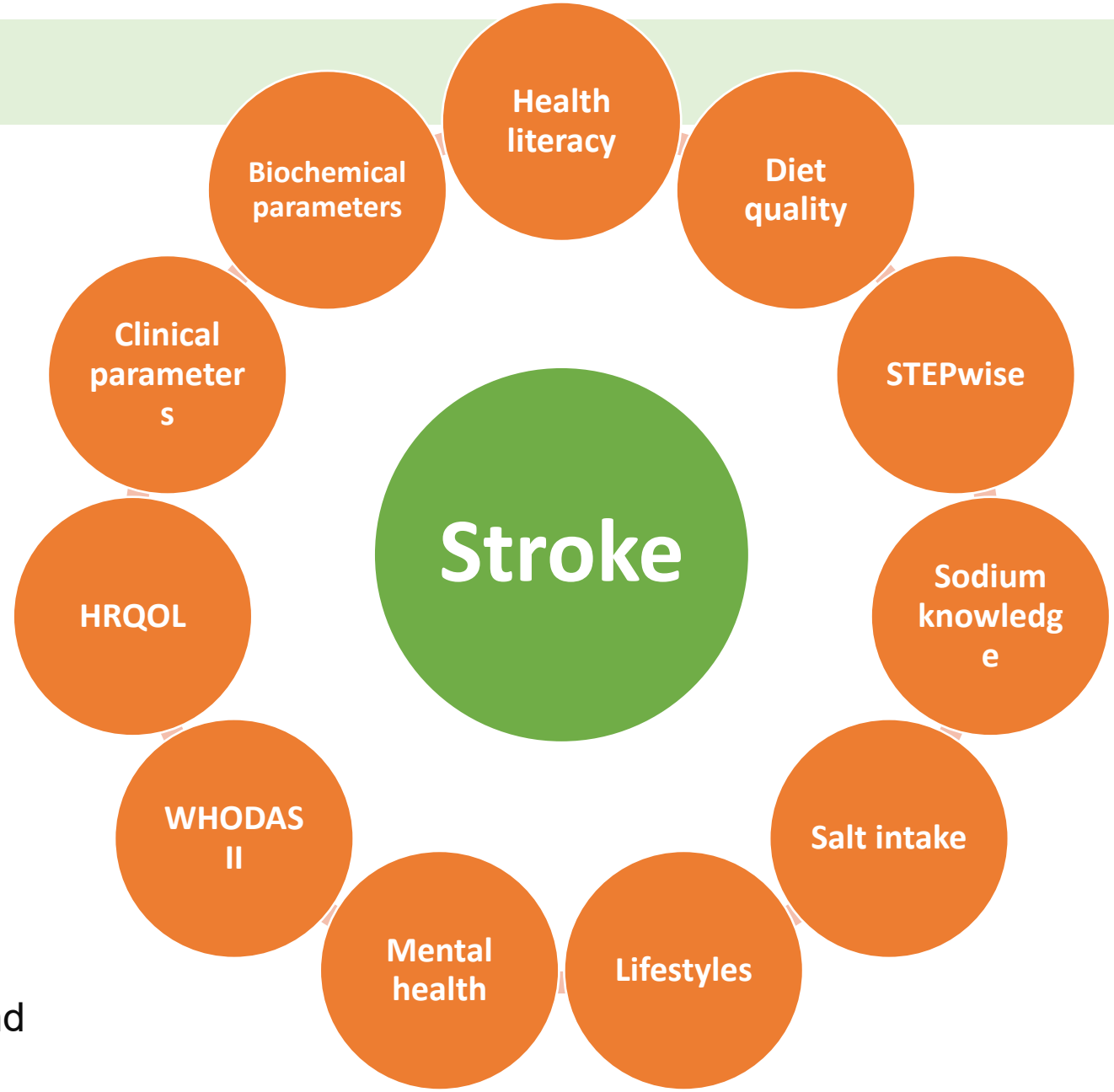
An online survey was conducted at 15 hospitals and health centers from 6–19 April 2020.

Data of 2299 front-line HCWs were analyzed

Study on Stroke

2020 - 2021

4 publications



IRB No. 498/2019/YTCC-HD3 and

IRB No. 312/2020/YTCC-HD3

E.g. Role of Digital Healthy Diet Literacy in Stroke

- A cross-sectional study from Dec 2019 to Dec 2020
- In cardiology, neurology, and rehabilitation departments in 6 hospitals across Vietnam

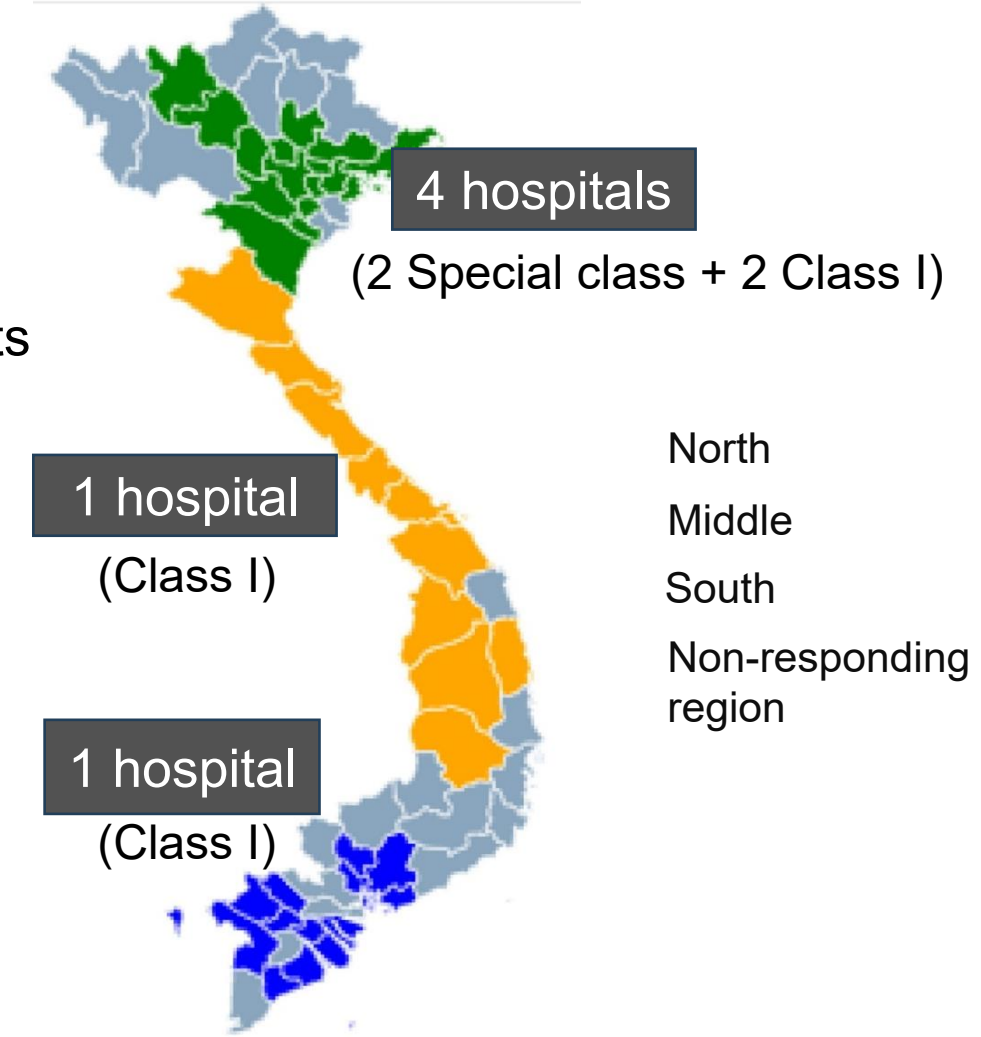


Figure. Location of hospitals treating stroke

(Phan, H.T. et al., 2022)

Diet quality mediates the association betwen digital health diet literacy and Disability in Stroke Patients

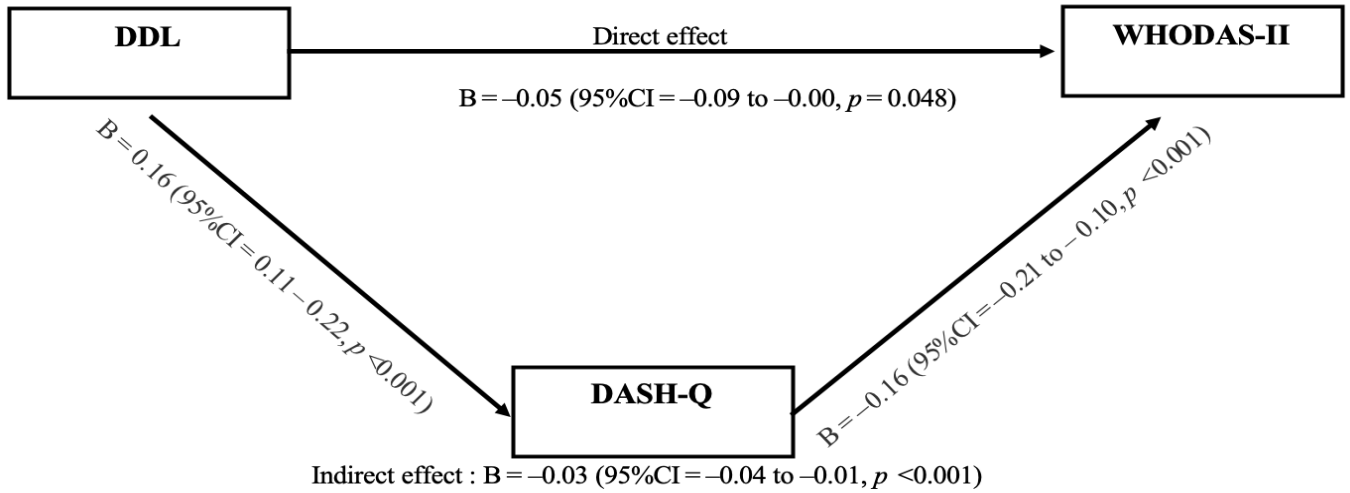


Figure: Diet quality mediates the association betwen digital health diet literacy and Disability among Community-Dwelling Elderly People. HL, health Literacy; DASH-Q, Dietary Approaches to Stop Hypertension Quality questionnaire; WHODASH II, World Health Organization Disability Assessment Schedule II. Mediation model was adjusted by age, gender, vascular disease, physical activity.

Health Promotion International 2025; 40(5), daaf150. https://doi.org/10.1093/heapro/daaf150

Multi-stakeholders' involvement



The 13th AHLA International Conference, Manila,
Nov 3-5, 2027





THANK YOU